

*After 9/11...*

*you served your country at Ground Zero*

*Then...*

*you served your country in Iraq*

Returning home is a joyful time for you, your family, and friends. But returning to civilian life can present new challenges and stresses as well.

*Free* confidential workshops can help you get back to civilian life.

**Session I: *Homecoming***

- Physical and emotional effects of traumatic events
- How to deal with changes, e.g., increased anger, less patience
- Coping with memories of your service

**Date:** Wednesday, September 28, 2005

**Time:** Afternoon session: 1 – 3 p.m. or  
Evening session: 6:30 – 8:30 p.m.

**Place:** Museum, 1<sup>st</sup> floor, VA New Jersey, East Orange Campus  
385 Tremont Ave., East Orange, NJ

***Other upcoming sessions (look for future announcements)***

- Depression and anxiety – what to look for
- Strategies for returning to work
- Strengthening relationships – changes in the family
- Improving communication
- Problem solving and anger management skills

**Sessions are open to veterans and their loved ones**

**Sponsored by VA New Jersey Health Care System & UMDNJ**

The "It's For You NJ 9/11" program offers free counseling, community education sessions, and information and resources for New Jersey residents affected by the events of 9/11. It's For You NJ 9/11 is sponsored by the Office of the Attorney General, Division of Criminal Justice and UMDNJ – University Behavioral HealthCare. For more information, call 1-866-4-U-NJ-911 or visit our website at [www.4uni911.org](http://www.4uni911.org).

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